

SADDCares Planning Guide

What is SADDCares?

SADDCares is a program that promotes the new focus of SADD, emphasizing the importance of self-care and no judgment towards others. This weeklong awareness event will take place February 1-7th to coincide with SADD National's SADD Shines week!

Engagement

The most important part of this program is that your students and community involved. Here are some ideas on how to get elementary students, high school students and community members involved:

Elementary School

For the elementary school students, it is most effective to reach out to them in the classroom directly. This is a great opportunity to **use the Reality Check lesson provided to you in the SADD Shines** kit and the coloring sheet found on page 3 of this guide. Invite the students to draw pictures of what they care about (i.e. Family, friends, school, multiple things, ect.).

High School

For high school students, there are different opportunities to be involved either directly in school or on social media. Here are ideas specific to Northern Lights that can double as both SADDCares and SADD Shines activities:

Use for “Social Media Campaign” and/or “Recognize SADD Supporters”

- Instagram Photo A Day: During SADDCares week, we will be encouraging people to post a photo every day of the week on their Instagram account using #SADDCares and #SADDShines. The best posts will be shared on the Northern Lights SADD Account.

Use for “Social Media Campaign” and/or “Give Back”

- Pay it Forward Contest: This contest will occur the week before SADDCares week and will be monitored and judged by your SADD students. Your chapter will choose a hashtag and rules for the contest. Participants are to show how they are paying it forward on either Twitter or Instagram. Some of the best posts will be showcased on Northern Lights SADD's social media accounts!

- “Warm and Fuzzies”: The NLYS office will be providing pads of sticky notes. This will give your students and school staff to place these notes throughout the school to share why each and every one of us is special.

Community

Members of your community can easily get involved with the social media posts but there are other options for uniting them with the high school and elementary school students.

Use for “Party to Celebrate YOU!”

- Power of You Parties – Collaborate with local businesses to put on a community event entitled “Power of You” parties. With the local businesses, try and bring in a special musical group, comedy troop or activity for the community. Planning list will be on pages 4 and 5.

Use for “Chain of Life”

- ‘I Care About’ Wall – At a local school event (i.e. play, basketball game, concert) have those taking tickets or handing out programs, pass out the “Warm Fuzzy” sticky notes to place on a wall that everyone can see in the school. This could also be an opportunity for your chapter to accept funds. For instance, you could ask someone putting up a sticky note to donate a dollar to your chapter!

I care about...



Power of You Party Planning

Set A Date

The first step in planning your Power of You Party is figuring out a date that will work for your chapter. The week of SADD Cares is February 1-7, so it would be preferred that your event take place in that timeline but it is not necessary. What's most important is that you engage with your community.

Date:

Partner With Local Businesses/Organizations

Once you have established a date for the party, establish a list of businesses or community organizations (banks, Kiwanis, elevators, restaurants, etc.). Once you have a list made up, divide the list. You can call the local businesses or go in with a prepared letter stating why you need their help.

List of Businesses:

Point People:

Location

Brainstorm possible locations for your event such as a community center, school gymnasium, armory, etc.

List of Locations:

Point People:

Activities

Now, figure out what activity or activities you want to have at your party. There are a variety of possibilities including:

- Concert
- Comedy Show
- Talent Show
- Community Wide food/clothing drive for the homeless
- Movie night
- Dodge ball, basketball, volleyball tournament

Activity:

Point People:

Promotion

To promote your event, discuss the possibility of placing an ad in your local newspaper, community calendar, church bulletins, school announcements, announcement at school activities and posters around the community. SADD Cares logos will be made available on the website for use.

Point People: